



Ward 6: HAYES SENIOR WELLNESS CENTER
500K Street NE 202-727-0357

Website: www.hayesswc.com

Hours: Monday - Friday 8:00 am to 5:00 pm
Saturday 8:00 am to 2:00 pm

APRIL 2016

Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 Open Gym 10-1130 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	2 8:30 Open Gym 9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Cardio Lite 11:30-1 Lunch 1:00 Pound Workout
4 8:30 Open Gym 9-2 Computer Class 10-11 Line Dancing 11-12 Enhance Fitness 11:30-1 Lunch 1-1:30 Nutrition Bingo 2:00 Yoga/Chair 2-3:30Strength/Abs/Meditation 3:30-5 Movie	5 8:30 Open Gym 10-11 Arts & Crafts 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-4 Hand Dancing 3-5 Memory Club	6 8:30 Open Gym 8-2 HU Nursing Presentation 10-11 Arts & Crafts 10-1 Denny's Trip 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 2-3 Yoga 2-3:30Strength/Abs/Meditation 3:30-5 Movie	7 8:30 Open Gym 9-11:30 Computer Class 10:45-11:15 Spanish 11:30-1 Lunch 12:30-1 Alzheimer's Presentation 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 2-4 Grocery Plus Distribution 3-3:30 Line Dance 3-4:30 Taste Budding 4-5 Hand Dancing	8 8:30 Open Gym 10-1130 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	9 8:30 Open Gym 9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Cardio Lite 11:30-1 Lunch 1:00 Pound Workout
11 8:30 Open Gym 9-2 Computer Class 10-11 Line Dancing 11-12 Enhance Fitness 11:30-1 Lunch 1-1:30 Nutrition Bingo 2:00 Yoga/Chair 2-3:30Strength/Abs/Meditation 3:30-5 Movie	12 8:30 Open Gym 10-11 Arts & Crafts 11:30-1 Lunch 1-2 The Pound Workout/Zumba 1-2 Budget Town Hall Meeting 2-3 Gardening Workshop 2-3 Cardio Lite 3-4 Hand Dancing	13 8:30 Open Gym 8-2 HU Nursing Presentation 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30-1 Town Hall Meeting 2-3 Yoga 2-3:30Strength/Abs/Meditation 3:30-5 Movie	14 8:30 Open Gym 9-11:30 Computer Class 10:45-11:15 Spanish 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-3:30 Line Dance 3-4:30 Taste Budding 4-5 Hand Dancing	15 CENTER CLOSED in Observance of DC Emancipation Day 	16 CENTER CLOSED



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25 8:30 Open Gym 9-2 Computer Class 10-11 Line Dancing 11-12 Enhance Fitness 11:30-1 Lunch 1-1:30 Nutrition Bingo 2:00 Yoga/Chair 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	26 8:30 Open Gym 10-11 Arts & Crafts 11:30-1 Lunch 1-2 The Pound Workout/Zumba 1:30 Gardening Workshop 2-3 Cardio Lite 3-4 Hand Dancing	27 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	28 8:30 Open Gym 9-11:30 Computer Class 10:45-11:15 Spanish 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 2-3:30 Line Dance 3-4:30 Taste Budding 4-5 Hand Dancing	29 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	30 8:30 Open Gym 9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Cardio Lite 11:30-1 Lunch 1:00 Pound Workout

Rhubarb Strawberry Smoothie

There's no better way to take advantage of the many health benefits of fresh spring produce than to whip up a seasonal smoothie. So, while everyone else is roasting up asparagus and artichokes, sip on this Spring Smoothie!

Prep Time: 10 mins **Total time:** 10 mins **Serves:** 2

Ingredients

1½ cup strawberry, frozen (but you could just as easily use fresh, cut up)
1½ cup rhubarb, frozen or fresh
1½ tablespoons honey (orange blossom honey is perfect for this recipe; substitute sugar or other sweetener if needed)
1½ cup low fat milk
⅔ cup acai or pomegranate juice

Instructions

In a blender, mix all together until smooth.



TOWN HALL
BUDGET
MEETING

Tuesday, 12th April, 2016
@ 1:00 pm – 2:00 pm
In the Multipurpose room



Important Events this Month

April 5th @3:00 pm – Memory Club
April 6th @10:00 am – Denny's Trip
April 7th @2:00 pm – Grocery Plus Distribution
April 7th @12:30 pm – Alzheimer's Presentation
April 12th @ 1:00 pm – Budget Town Hall Meeting
April 12th @ 2:00 pm – Gardening Workshop
April 13th @12:30 pm – Town Hall Meeting
April 19th @ 3:00 pm – Memory Club
April 20th @10:00 am – Walmart Trip
April 22nd @ 11:30 am - Lunch w/ DC Counsel Chairman Phil Mendelson
April 26th @1:30 pm – Gardening Workshop